

909576 - Honey Nut Cheerios Gluten Free Cereal Bowlpak (96 ct)...



A sweetened twist on the classic cereal, Honey Nut Cheerios is a whole grain gluten-free cereal in ring-shaped pieces with real honey and natural almond flavoring in a ready-to-eat bowl for convenient, single serve portion control. Made without gelatin. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criteria.



MARKETING

Classic and long time favorite, Honey Nut Cheerios are gluten free and made with whole grain.. 96 - 1 oz single serve branded bowls per case. This ready-to-eat bowl provides convenient portion control and room for milk. Great for breakfast, or as a grab 'n go snack.. Gluten free and gelatin free. Kosher. Contains no artificial flavors and no colors from artificial sources.. For USDA Child Nutrition Programs: meets 2 ounce equivalent grain standard, whole grain-rich criteria, and USDA Smart Snacks criteria.

Nutrition Facts

96 Servings per container

Serving Size 1 bowl

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 1.5	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 160 mg	7%
Total Carbohydrates 23 g	8%
Dietary Fiber 2 g	8%
Total Sugars 9 g	
Includes 9 g Added Sugars	18%
Protein 2 g	
Vitamin D 3 mcg	15%
Calcium 90 mg	6%
Iron 2.7 mg	15%
Potassium 110 mg	2%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
11918000	909576	10016000119182	96/1 OZ

Brand	Brand Owner	GPC Description
Cheerios	GENERAL MILLS SALES INC.	Cereals Products - Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.200 LBR	6.00 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.750 INH	13.000 INH	14.120 INH	1.77900 FTQ	9x7	312 Days	32 FAH / 95 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - 30
- Eggs - 30
- Soy - 30
- Wheat - 30
- Sesame - 30
- Peanuts - 30
- Tree Nuts - C
- Fish - 30
- Shellfish - NI

SERVING SUGGESTIONS

One Bowlpak

INGREDIENTS

Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

HANDLING SUGGESTIONS

Keep in a cool, dry place

PREPARATION & COOKING SUGGESTIONS

Ready to eat

MORE INFORMATION

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NUTRITIONAL ANALYSIS

Calories	110
Protein	2 g
Total Carbohydrates	23 g
Sugars	9 g
Dietary Fiber	2 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	1.5
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	9 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	3 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	160 mg
Calcium	90 mg
Iron	2.7 mg
Potassium	110 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

FAT	LOW	CHOLESTEROL	LOW	GLUTEN	FREE_FROM
CALCIUM	GOOD_SOURCE_OF	MSG	FREE_FROM	CHOLESTEROL	FREE_FROM
SATURATED_FAT	LOW	FIBRE	GOOD_SOURCE_OF	IRON	GOOD_SOURCE_OF
VITAMIN_D	GOOD_SOURCE_OF	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	VITAMIN_D	EXCELLENT_SOURCE_OF
WHOLE_GRAIN	EXCELLENT_SOURCE_OF	ENERGY	SOURCE_OF	TRANS_FAT	FREE_FROM
ARTIFICIAL_SWEETENERS	FREE_FROM	IRON	EXCELLENT_SOURCE_OF	ARTIFICIAL_FLAVOUR	FREE_FROM
KOSHER	YES	VEGETARIAN	YES	FREE_FROM_GLUTEN	YES

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